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PRACTICE TEST 2020

WITH ANSWERS |

~~12.12.2020 How Fast~~

~~Do Pros Cycle Uphill?~~

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This is the most

common and

accessible form of

cycling for beginners,

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and the lightweight bikes—with skinny tires and efficient riding geometry—are designed to help you navigate paved bike paths...

How to Start Cycling |
6 Beginner Cycling
Tips

Looking for a new
cycling challenge?
This year, Red Bull

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Timelaps is taking the one-of-a-kind, 25-hour one-day event virtual. Find out how you can take part in one of 2020's toughest events on two ...

Beginner ' s cycling plan: Couch to 30 miles in 8 weeks
The cycling helmet protects your head

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and face from

instances of accidents
or a knock on your

bike. An injury on any
part of your head

could be disastrous,
hence best to prevent.

Cycling Cap/
sweatband/

Headband: Cycling is
a strenuous exercise.

Hence, a cycling cap
or sweatband will do
you a great favor by

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absorbing sweat from
your head.

An Absolute
Necessities Guide on
Cycling for Beginners

...

The Beginners
Training Plan For
Cycling It ' s true that
you need a little bit of
fitness to cycle. If you
want to ride for more
than 10 minutes

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without feeling sick,
then you ' d be wise
to do a bit of
cardiovascular /
resistance training for
a few weeks. And no
you don ' t need a
gym membership to
exercise.

How To Start Cycling
for Beginners: 8+
Essential Tips And ...
Track cycling is a

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For The Beginner
racing sport where riders zoom around a velodrome. If you 're a beginner, this is probably too advanced for you, but something to think about as you gain more cycling experience. #4)

Triathlete A triathlon is a multisport race where participants run, swim, and bike

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For The
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their way to the finish
line.

A Beginner's Guide to
Biking (Cycling for
Fitness) | Nerd ...

Top 10 Best Cycling
Books – This list of
books provides
cycling tips for
beginners, cycling
training programs for
beginners, amusing
reads and more.

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Descending on a Bike
– Trying to descend
on a bike safely and
quickly is an art. Road
Bike Tire Pressure –
Find the correct road
bike tire pressure for
you. Beginner Cycling
Training

A Complete Guide to
Cycling for Beginners
- I Love Bicycling
Beginner ' s cycling

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tips: 25 essential
pieces of advice for
new cyclists. Our
guide to the basics of
cycling kit, clothing,
technique and more

Cycling for beginners
| 25 essential
beginner's cycling ...
This is a beginner ' s
guide to cycling gear,
with a high visibility
twist so you can be a

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safer cyclist and be seen better on the road! Bike repair kit: Emergency bike tools you need for a flat tire With longer outdoor cycling workouts, an emergency bike kit becomes essential cycling gear.

CYCLING 101:
Cycling tips for the

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For The beginner cyclist
The Gear Every
Beginner Cyclist
Should Buy (And 3
Things You
Shouldn ' t) ... have a
concussion, or worse,
your RoadID could
save your life. I, for
instance, have a
serious penicillin
allergy—carrying that
info on my wrist
could be vitally

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Important. Get a RoadID. Especially if you ride alone or with groups who don ' t know your family well ...

The Gear Every
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Should Buy (And 3
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located in Southern

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California. Founded in 2009, our mission is to grow the love of cycling. We look forward to seeing you soon.

Serious Cycling | LA's
#1 Bike Shop

35. “ My beginner cycling tips would be, don ’ t be afraid to step up a level or distance. If you are

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used to riding 30 miles at 15mph average, go out with others on a 40 mile at 16-17 average. You will surprise yourself! ” 36.

“ Don ’ t be afraid to wear Lycra. It ’ s odd at first but, trust me, it ’ s the most comfortable way to ride. ” 37.

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51 Beginner Cycling
Tips From
Experienced Cyclists
Cycling for Beginners:
Tips That Make
Riding More Fun.

Make the most out of
your new obsession
with these useful tips
and tricks. By
bicycling editors. Jul
31, 2020 Brian
Barnhart.

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Beginner Cycling Tips

- Cycling for
Beginners

Your First Month of
Training for Cycling.
Beginner cyclists who
were not riding
regularly before
starting to train
should continue
building volume by
increasing weekly
riding time by 10%
each week, over the

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course of 3-6 rides.

Take a rest day – no training – at least one day out of seven.

How To Start
Training For Cycling
As A Beginner | CTS
Cycling Weekly has a
12-week beginner
training plan that 's
aimed at people with
more fitness to start
with. The first week

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For The
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includes 60- and
90-minute rides, and
works up to 3+ hours
for the weekly...

Get Serious About
Cycling With These
Beginner Training
Plans

Top tips for a
beginner cyclist 1)
Buy your bike from a
local shop Start off at
your local bike shop

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Bike shops are allowed to stay open at this time, as they provide a service to those using...

12 beginner cyclist tips to get new ... -
Cycling Weekly
If you ' re new to riding, then there are more cycling sportives for beginners than ever

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For The
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before, with plenty of
events offering
shorter, flatter, but no
less scenic routes to
go along with the ...

Best cycling sportives
for beginners -
Cycling Weekly
With more and more
riders on the trails
and roads, these tips
for beginner cyclists
will help you ride

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better and safer. 1.
Protect your head.
Head injuries are the
cause of 60 percent
of all cycling deaths
in the U. S. every
year. Many of these
deaths could be
avoided if everyone
wore a helmet while
cycling.

9 Tips for Beginner
Cyclists | ACTIVE

Page 29/33

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